

DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE ASKED TO DO SO

23-0005-AB

TEST BOOKLET
PAPER-II
BASIC COSMETOLOGY

Time Allowed: 1 hr

Maximum Marks: 50

INSTRUCTIONS TO CANDIDATES

Read the instructions carefully before answering the questions: -

1. This Test Booklet consists of 08 (eight) pages and has 50 (fifty) questions.
2. IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS BOOKLET *DOES NOT* HAVE ANY UNPRINTED OR TORN OR MISSING PAGES OR ITEMS ETC. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.
3. Please note that it is the candidate's responsibility to fill in the Roll Number and other required details carefully and without any omission or discrepancy at the appropriate places in the OMR Answer Sheet. Any omission/discrepancy will render the OMR Answer Sheet liable for rejection.
4. Do not write anything else on the OMR Answer Sheet except the required information. Before you proceed to mark in the OMR Answer Sheet, please ensure that you have filled in the required particulars as per given instructions.
5. Use only Black Ball Point Pen to fill the OMR Answer Sheet.
6. Each question comprises of 04 (four) responses (answers). You are required to select the response which you want to mark on the OMR Answer Sheet. In case you feel that there is more than one correct response, mark the response which you consider the best. In any case, choose *ONLY ONE* response for each item.
7. After you have completed filling in all your responses on the OMR Answer Sheet and the examination has concluded, you should hand over to the Invigilator *only the OMR Answer Sheet*. You are permitted to take the Test Booklet with you.
8. Penalty for wrong answers in case of Multiple Choice based Questions:
THERE WIL BE PENALTY FOR WRONG ANSWERS MARKED BY A CANDIDATE.
 - (i) There are four alternatives for the answer to every question. For each question for which a wrong answer has been given by the candidate, one-third of the marks assigned to the question will be deducted as penalty.
 - (ii) If a candidate gives more than one answer, it will be treated as a wrong answer even if one of the given answers happens to be correct and there will be same penalty as above to the question.
 - (iii) If a question is left blank. i.e., no answer is given by the candidate; there will be no penalty for that question.

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BASIC COSMETOLOGY

Choose the correct answer for the following questions: (1 x 50 =50)

1. What is the technical term for the study of hair?
 - a) Hairology
 - b) Anagenology
 - c) Trichosis
 - d) Trichology

2. What are the three stages of hair growth cycle?
 - a) Telogen, Catagen, Anagen
 - b) Alopecia, Telogen, Canities
 - c) Anagen, Catagen, Telogen
 - d) Telegenic, Anagen, Cataphoresis

3. Which is the middle layer of hair?
 - a) Cortex
 - b) Cuticle
 - c) Medulla
 - d) Membrane

4. What is the technical term for common lice?
 - a) Pedia
 - b) Pediculosis
 - c) Liceil
 - d) Trichology

5. Name the primary colors on the color wheel.
 - a) Red, Yellow, Purple
 - b) Yellow, Orange, Blue
 - c) Blue, Red, Yellow
 - d) Red, Orange, Green

6. Colorists use H_2O_2 to activate the chemical reaction of _____.
 - a) Color deposit
 - b) Bleaching
 - c) Oxidation
 - d) Color lifting

7. Patch test should be performed _____ before hair coloring.
 - a) 48 hours
 - b) 24 hours
 - c) 30 minutes
 - d) 06 hours

8. Hair is considered damaged when -
 - a) Hair is over porous
 - b) Hair is brittle & dry
 - c) Color absorbs rapidly
 - d) All the above

9. Once the facial manipulation has started one should remember to _____.
- Apply cream on the client's face
 - Not remove hands from client's face
 - Give continuous Electric Massage
 - Apply Face Mask
10. Facial treatments are beneficial for -
- Muscle toning
 - Increasing circulation
 - Cleansing the skin
 - All of the above
11. What % of peroxide is found in a developer that states it is 20 volumes H_2O_2 ?
- 3%
 - 6%
 - 9%
 - 12%
12. Which bonds are broken and re-arranged during permanent waving or perms?
- Carbon
 - Disulfide
 - Hydrogen Peroxide
 - Sulphur
13. Which shampoo should be used to lower the ph level of the chemical relaxer?
- Volumizing Shampoo
 - Conditioning Shampoo
 - Neutralizing Shampoo
 - Texturizing Shampoo
14. The outermost layer of the skin is called _____.
- Dermis
 - Epidermis
 - Hypodermis
 - Subcutaneous
15. The correct ph of hair, skin and nail is _____.
- 8.0 – 10.00
 - 5.5 – 6.5
 - 4.5 - 5.5
 - 3.5 – 4.5
16. The white half-moon shape at the base of the nail is called _____.
- Peronychium
 - Free-edge
 - Hyponichium
 - Lunula
17. An overall step cut is done at _____.
- 0 degree
 - 45degree
 - 90 degree
 - 180 degree

18. Which are the two types of guidelines used in cutting hair?
- Stationary and Travelling (mobile)
 - Parallel and Stationary
 - Complete and In-complete
 - Projection and Sectioning
19. Who is the author of "Yoga-Sutra"?
- Gheranda
 - Patanjali
 - Svatmorma
 - Valmiki
20. Which of the following is the best aahar for yoga practitioners?
- Tamsic
 - Rajsi
 - Satvik
 - Poranik
21. The yoga class usually begins with a ____.
- Prayer
 - SuryaNamaskar
 - Yogasana
 - Yogic SkushmaVyayama
22. Which one of the following is not the effect of meditation?
- Decreased Stress
 - Increased Concentration
 - Normalized Blood Pressure
 - Increased cortisol
23. Which body parts are affected by "Tratak" practice?
- Limbs
 - Eyes
 - Muscles
 - Digestive System
24. Disease produced by organism including bacteria, virus, fungi and parasites:
- Infectious Disease
 - Contagious Disease
 - Pathogenic Disease
 - Dynamic Disease
25. As cosmetologists, you are _____ to recommend treatments for disease.
- Required
 - Not allowed
 - Allowed
 - Encouraged
26. What is not as part of Oral Hygiene?
- Flossing
 - Brushing
 - Rinsing
 - Scrubbing

27. Communication is basically _____.
a) Talking
b) Writing
c) Signaling
d) All of the above
28. What is the function of sebum?
a) To dry the skin
b) To lubricate the skin
c) To cleanse the skin
d) To cool the skin
29. What are sebaceous glands?
a) Oil glands
b) Endocrines glands
c) Sweat glands
d) Taste glands
30. What is CTM?
a) Cleanse, T-Zone, Make-Up
b) Cleansing, Toning, Moisturizing
c) Cleansing, Threading, Moisturizing
d) Cleanse, Tone, Make-up
31. Which is considered to be the best face shape?
a) Round
b) Heart
c) Oval
d) Oblong
32. What is the correct order of make-up application?
a) Primer, Foundation, Corrector, Blush
b) Concealer, Primer, Corrector, Eyeshade
c) Primer, Concealer, foundation, blush
d) Concealer, Primer, Blush, Eye-liner
33. What is tight lining?
a) Applying eye-liner on eye-lid
b) Applying Kajal/Kohl Pencil
c) Applying Gel Eye-liner
d) Applying eye-liner in water line of upper lid
34. The main active ingredient of an "Alkaline Perm" is _____.
a) Hydrogen Peroxide
b) Sodium Hydroxide
c) Ammonium Thyoglycolate
d) Sulphur Oxide
35. If hair breaks under very slight strain it has _____.
a) Low Porosity
b) Less Elasticity
c) Bad Texture
d) Good Density

36. What is not an element of wardrobe planning?
- Clothes
 - Cash
 - Shoes
 - Accessories
37. An important aspect of client consultation is to _____.
- Ask questions
 - Fill up the forms
 - Talk less, listen more
 - Tell the client about the running offers
38. Which asana helps in digesting food easily?
- Vajrasana
 - Matsyaasana
 - Padmasana
 - Sarvangasana
39. Name the asana where the waist and arms look like a cobra?
- Ardhachakrasana
 - Vakrasana
 - Ushtrasana
 - Bhujangasana
40. The other name of the unwanted hair is -
- Unnecessary Hair
 - Superfluous Hair
 - Body Hair
 - Split Hair
41. An equipment used for plucking out hair:
- Thread
 - Wax
 - Tweezers
 - Hair Removal Cream
42. Why is powder used before waxing?
- To avoid bruising
 - To clean the treating area
 - To close pores
 - To lift hairs away from the skin.
43. The metal tools used in make-up can be disinfected by using -
- Dry Sanitizer
 - Sanitizer spray
 - Dry sterilizer
 - Wet sterilizer
44. Which product is used to soften the skin around nails during manicure?
- Cuticle Cream
 - Bleaching Cream
 - Massage Oil
 - Gel

45. If a person has a circular or coin sized bald patches on the scalp it is a symptom of _____.
a) Vitiligo
b) Dandruff
c) Alopecia Areata
d) Psoriasis
46. The technical term for black heads:
a) Milia
b) Dermis
c) Comedone
d) Pores
47. Pimples that have a pus head are called _____.
a) Papules
b) Sebum
c) Comedone
d) Pustules
48. Every massage should begin and end with the massage movement of :
(a) Stroking
(b) Friction
(c) Effleurage
(d) Kneading
49. Pedicure is a basic part of hygiene and good _____.
(a) Comfort
(b) Foot Care
(c) Personal Appearance
(d) Safety
50. Good posture helps you to avoid -
a) Fatigue
b) Relaxation
c) Good sleep
d) Active body
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Space for rough work